

Lakenheath Scrapbook

TSgts. Peggy and John Matthews laugh it up at a 372nd Training Squadron Detachment 16 function.

People with community photos who would like them published in the "Jet 48" should bring them to the public affairs office in the wing headquarters building or call Ext. 5640.



Photo by Debra Whitcraft

Community

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9. The hours are 9 a.m. - noon and 1:30 - 10 p.m. Mondays through Fridays and 12:30 - 10 p.m. Saturdays. For more information, call Ext. 7220.

Orthodox church services

The Orthodox church services for Lent are:

☐ Mattins with Great Canon of St. Andrew of Crete - 7 p.m. Wednesday
☐ Mattins of the Akathistos - 7 p.m. April 11

☐ Fifth Sunday of Lent, St. Mary of Egypt - 9:30 a.m. - April 13

☐ Vespers and pre-sanctified liturgy - 7 p.m. April 16

☐ Lazarus Saturday - 9:30 a.m. - April 19

☐ Vigil for Palm Sunday - 6 p.m. April 19

☐ Entry of the Lord into Jerusalem, or Palm Sunday - 9:30 a.m. April 20.

Services will be held at St. John De Sepulchre Church, Ber Street, Norwich. For details, call Rev. Patrick Hodson at (01362) 6993397 or Julian Sadowski at (01603) 455273.

Children's group

The family advocacy program is starting a group for children who have been impacted by family violence. For more information, call Julia Thacker at Ext. 2409.

Advance theater tickets

People can purchase advance tickets for theater performances at the movie theater at Special T's, located inside the Shoppette. Tickets are available up to seven days in advance and are on sale from 10:30 a.m. - 6 p.m. week-

days and from 10:30 a.m. - 3 p.m. Saturdays and Sundays. The RAF Mildenhall food court also sells advance tickets for the Mildenhall theater. For more information, call (01638) 532208.

Logistics group banquet

The 1996 48th Logistics Group Professional Performer of the Year banquet is April 18 at the officers' club. Social hour begins at 6 p.m. and dinner is 7 p.m. Attire is semiformal or mess dress. Cost is \$15 per person for E-6 and below and \$18 for E-7 and above. For details, call Ext. 3157.

Blood drives

The blood donor center sponsors a blood drive April 17. For more information or to make an appointment, call Ext. 6524.

Health and wellness center

The health and wellness center sponsors the following activities:

☐ Back-pain classes are from 10 - 11 a.m. April 9 and 23. Discussions center around strengthening techniques, body mechanics and how to lift and sit correctly.

☐ A stress management course is from 1 - 3 p.m. Fridays April 11 through May 2. Attendance is not annotated in medical records.

☐ A tobacco cessation class is from noon - p.m. Fridays from April 18 through June 6. Nicotine patches are offered for use during the course.

☐ People who want to know their body statistics and cholesterol level should make an appointment to have their body fat, height and weight measures and have cholesterol levels and blood pressure checked. People should not eat or drink anything except water for 12 hours before the appointment.

☐ For information on any health, exercise,

physical activity and fitness issues, people can make an appointment with the exercise physiologist at the center.

For more information on any of these programs, call the health and wellness center at Ext. 2710.

Red Cross

☐ The Red Cross needs people to fill these positions: summer youth program chairperson, hospital chairperson, elementary school chairperson, newsletter publicist, assistant chairperson of volunteers and emergency message volunteer.

☐ Applications for the summer youth volunteer program are available at the Red Cross office, Bldg. 975. Deadline for application is June 1. For more information, call Ext. 1855.

Testing schedule

The Miller Analogies Test is April 23. Registration deadline is two weeks before the test date. For more information, call the base education center at Ext. 3851.

Air National Guard

The West Virginia Air National Guard has traditional guardsmen openings for pilots, navigators and all enlisted Air Force Specialty Codes. For more information, call DSN 366-6126 or 1-800-228-1205. This number is not a free call outside the United States.

The California Air National Guard accepts Palace Chase and Palace Front applications for all E-5s and below who are qualified to cross-train into the following Air Force Specialty Codes: 2E1X1, 2E1X3, 2E6X2, 2E6X3, 2T4X1, 3E0X2 and 3E1X1. For more information, call MSgt. Ed Heinbaugh at DSN 359-9082 Ext. 562 or commercial (800) 352-1881.